

# Senior Center SNAPS

HAPPY BIRTHDAY EVERYBODY



Get Connected with



Visit Randy Foster's blog at: <http://hurstseniors.blogspot.com/>

Cecil Kearney's Hurst Senior Center blogs at:

<http://hursttech.blogspot.com/> ; <http://hsc-pix.blogspot.com> ; <http://hurstfood.blogspot.com>

# the SENIOR PIPELINE

FEBRUARY  
2017

Get Active and Get Involved!

*Check out the  
calendar for new  
events and programs!*

HSAC Art Show  
Myths of Medicaid  
Valentine Dance  
Embracing Your Age  
Interior Design Class  
Mardi Gras in the Lobby



## Operating Hours

Monday - Wednesday 7 a.m. - 7 p.m.

Thursday 7 a.m. - 9 p.m.

Friday 7 a.m. - 7 p.m.

Closed Saturday & Sunday

Hurst Senior Activities Center

700 Heritage Circle

Hurst, Texas 76053

817.788.7710

[www.hursttx.gov/hsac](http://www.hursttx.gov/hsac)

Find us on  
Facebook





# SENIOR PIPELINE TIDINGS

MEMBERSHIP at the Senior Center is required and is open to Seniors ages 55 & over.

|                               |  |
|-------------------------------|--|
| <b><u>Hurst Residents</u></b> | <b>\$20 per year<br/>\$5 day pass</b>  |
| <b><u>Non-Residents</u></b>   | <b>\$80 per year<br/>\$10 day pass</b> |

## Thank You!

- |                                    |                                 |
|------------------------------------|---------------------------------|
| • Best Donuts                      | • Lakewood                      |
| • Brookdale Senior Living          | • Lexington Place               |
| • Brown & Freeman                  | • Meadowood at the Vineyards    |
| • Busy B’s Bakery                  | • Mid-Cities Pharmacy           |
| • Custom Fit Insurance, Mike Smith | • Nations Insurance             |
| • Donut Plaza                      | • Parkwood                      |
| • Educate DFW                      | • Reliant Rehab                 |
| • Edward Jones, Adam Davenport     | • Richland Hills Rehabilitation |
| • First Hurst Donut                | • Shield Awards & Promotions    |
| • Forum Parkway                    | • Smile Donuts                  |
| • Gotta Go Tours                   | • Tarrant County Public Health  |
| • Heartland Residences             | • Kreigh & Carol Valkenaar      |
| • Homewell Sr Care                 | • Visiting Angels               |
| • Keller Oaks                      | • What’s Poppin Tx              |

## Senior Center Staff

|                 |                          |
|-----------------|--------------------------|
| Linda Rea       | Director                 |
| Michelle Varley | Activities Supervisor    |
| Laura Gore      | Administrative Asst.     |
| Linda Provence  | Asst. Activ. Coordinator |
| Debbie Broseh   | Part-Time Attendant      |
| Diana Conway    | Part-Time Attendant      |
| Tammy McDonald  | Part-Time Attendant      |
| Anthony Ochoco  | Part-Time Attendant      |
| Gayle Stevens   | Part-Time Attendant      |

By: Maurine LeCocq, HSAC Journalist

### Why You Should Always Put a Coin In The Freezer Before You Leave Home

Have you ever come home from vacation, a business trip, or maybe a weekend away with the family – and noticed your digital clocks flashing the wrong time? You quickly realize that you had a power outage while you were away, but it’s basically impossible to tell just how long the food in your freezer may have thawed, gotten destroyed and then frozen again. Or is it?

In connection with Hurricane Matthew, a woman named Sheila Palanco Russell shared the following trick on Facebook.

The trick is certainly also good to know in case of any prolonged departure from your home – and will ease your mind about whether or not the food in your freezer is good to eat – or best be thrown out right away.

The trick lies in the magical combination of three simple but effective tools everyone already has at home... a mug, a coin and some tap water.

You put a cup of water in your freezer. Freeze it solid, then put a quarter on top of it and leave it in your freezer. That way, when you return, you can tell if your food went completely bad and just refroze, or if it stayed frozen while you were gone.

If the quarter has fallen to the bottom of the cup, that means all the food defrosted and you should throw it out. But, if the quarter is either on the top or in the middle of the cup, your food may still be okay.

Considering that we have unexpected power outages more frequently than we used to, no matter what time of the year, it would be wise to leave this in your freezer all the time. “If you don’t feel right about your food , throw it out! The main thing is to be safe!”

# OPEN ACTIVITIES

## Games

**“42”**  
(Game Room)  
Mon. & Wed. & Fri. 1:00 pm - 4:00 pm

**Billiard’s Room**  
*Open Daily*  
See calendar for organized games

**Chicken Foot**  
(Class Room C)  
Tue. & Fri. 1:00 pm - 3:00 pm

**Duplicate Bridge**  
(Game Room)  
Tue. & Thur. 12:00 pm - 4:00 pm

**Canasta**  
Tuesdays (MPN) 2:00 pm - 5:00 pm  
Thursdays (Class Room C) 2:00 pm - 5:00 pm

**Marbles & Jokers** (Lessons Available)  
(Class Room C)  
Thursdays 10:00 am - 12:00 pm

**Mah Jongg** (Lessons Available)  
Monday (Class Room C) 2:00 pm - 4:00 pm  
Wednesday (Game Room) 10:00 am - 12:00 pm

**Mexican Train**  
(Class Room A)  
Monday & Wednesday 1:00 pm - 3:00 pm

**Ping Pong**  
(Class Room A)  
Wednesdays 9:00 pm - 12:00 pm  
Fridays 10:00 am - 12:00 pm

**Party Bridge**  
Tue. & Thur. 9:00 am - 12:00 pm  
Fridays 10:00 am - 12:00 pm

**Samba Canasta** (Lessons Available)  
(Class Room C)  
Wednesdays 10:00 am - 1:00 pm

**Scrabble**  
(Class Room C)  
Wednesdays 1:00 pm - 3:00 pm

## Health & Exercise

**Walking Group (14 laps make a mile!)**

**Work Out on Your Own**  
**With one of our available**  
**Exercise DVD’s**  
(See the front desk for room and video access.)

**Choose From:**  
Qigong  
Richard Simmons - Disco Sweat  
Richard Simmons - Silver Foxes  
Richard Simmons - Sweatin’ to the Oldies  
Tai Chi for Beginners  
Texercise  
Walk Away the Pounds  
Yoga for Beginners

## Arts, Crafts & Misc.

**Art Addicts**  
(Class Room B)  
Mondays 9:00 am - 11:00 am  
Thursdays 6:00 pm - 8:45 pm  
Fridays 10:00 am - 3:00 pm

**Coupon Clique**  
(Cafe)  
Tue. & Thur. 9:00 am - 12:00 pm

**Knot-a-Lot**  
(Studio B)  
Wednesdays 1:00 pm - 4:00 pm

**Quilting**  
(Studio B)  
Tuesdays 1:00 pm - 5:00 pm

**Wii Play**  
(Studio A)  
Monday & Wednesday 4:00 pm - 6:00 pm

## SOCIAL PROGRAMS

**MONTHLY DANCES** All Seniors 55+ are Welcome! Join us on the 2nd and 4th Thursday nights of the month, 7:00 pm - 9:15 pm for a great night out! Come to dance the night away or just listen to some fabulous music! Dances are only \$5 payable at the door and open to Seniors from all over the Metroplex. Senior Center membership is not required. Our dances feature a live band, dance host and light refreshments. Invite your friends to join you for an evening out! **February 9 "Nobles of Note" Valentine Dance** sponsored by Lexington Place and **February 23 "Pete 'n Patti "** sponsored by Heritage Village Residences.

**POTLUCK BINGO (95002 5/75/MP)** Thursday, February 2, 6:00 pm Bring a side dish or Dessert to share. The Senior Center provides the main entrée, (Italian Meatloaf) drinks and prizes. Please sign up in advance. **FREE!**

**MOVIES & MUNCHIES (95001 5/75/MPN)** Friday, February 3, 1:00 pm. Join us as we offer a movie with "munchies" - including popcorn, drinks, and a snack for **only \$3**. This month's feature is **"Same Time Next Year"** starring Ellen Burstyn and Alan Alda. A man and woman agree to meet on the same weekend each year although both are married to others. The two are seen changing, years apart, always in the same room in different scenes, as time goes on. Each has some personal crisis that the other helps them through . This is a delightful little movie with some stark drama and hilarious comedy sometimes in the same scene. Rated PG. Please sign up in advance.

**HAPPY HATTER'S MEETING (95040 1/75/MPS)** Friday, February 10, 1:00 pm Hostess of the month Derinda Peyton, Co-Queen. Join us for Death by Chocolate while we decorate our HHH purple bags. Bring your favorite chocolate dessert to share, your purple bag and items to decorate your bag. Please wear your red hat, purple attire and name badge! \$2 "Hatters' Fund" donation appreciated. Please sign up at the front desk so we know you're coming!

**BIRTHDAY PARTY (95006 6/75/MPN)** Wednesday, February 8, 2:00 pm Let us honor you on your special day. It doesn't have to be your birthday to attend; the party is open to all Senior Center Members. Please sign up. Sponsored by Lexington Place Nursing and Rehab.

**BREAKFAST CLUB (95015 10/50/MPN)** Thursday, February 9, 8:30 am Wake up and get up to the Senior Center for a hearty breakfast. Enjoy breakfast enchiladas, potato hash, juice, and coffee. Fresh fruit sponsored by Heartland North Richland Hills. \$3 per person.

**NEWCOMERS CONNECTION (94005 1/15/Conf)** Friday, February 10, 2:15 pm Are you new to the Senior Center? Want to get involved? Have questions about our programs? Staff member Gayle Stevens will help you. Please sign up so we'll know to expect you. **FREE!**

**BINGO IN THE AFTERNOON (95058 5/75/MP)** Wednesday, February 15, 2:00 pm Join us for an exciting afternoon of B-I-N-G-O! Light refreshments and beverages provided. Please sign up in advance. Sponsored by Visiting Angels. **FREE!**

**WHAT'S FOR LUNCH? (95096 6/100/MPN)** 4th Thursday each month, 11:30 am Once a month, senior center members Carol & Kreigh Valkenaar prepare a hearty meal for you to enjoy. Seating is limited. You are encouraged to sign up early! Cost is only \$3 per person. This month's main menu item is "Chicken Chili Stew." The meal comes complete with side dishes and more. Dessert is sponsored by Meadowood at the Vinyards.

## SPECIAL EVENTS

**NIGHT AT THE ARTISAN (95005B 30/50/Artisan Theater)** The Senior Center has reserved a limited number of complimentary seats for the preview showing of the Artisan Theater's "My Fair Lady" for Wednesday, February 8, 7:30 pm (doors open at 7:00 pm.) This timeless story takes us back to a simpler time, when musicals were magical and make believe. And at the heart is a cockney flower girl, transformed into a "genteel lady,"... Sign up early as seats go fast. Once reservations are closed, we encourage you to put your name on the wait list. Tickets will be available for pick up on Monday, February 6th. **FREE!**

**FINANCIAL TRAINING EVENT (94094B 1/50/MPN)** Thursday, February 2, 10:00 am Join Dr. Bill Clark of Clark Financial group for a conversation about your personal finances. Topics covered to include: 1) Where to consider investing with Donald Trump as President; 2) What are the 5 most important legal documents everyone MUST have? 3) How to keep yourself from being an identity theft TARGET. Class is **FREE!**

**MYTHS OF MEDICAID AND VA BENEFITS (94095B 1/50/MPN)** Thursday, February 16, 10:00 am Are you are worried that you or your spouse will need long term care, your money may not last, or you might lose everything? Come learn how Veterans and surviving spouses of veterans can qualify for tax-free income and discover the traps that could disqualify you. Marcie Johnson will provide an overview of the VA and Medicaid programs that could help you pay for your medical expenses. Sponsored by Reliant Rehabilitation. **FREE!**

**SPUD AND A SHOW (95033B 1/100/MPN)** Thursday, February 16, 5:30pm-8:00pm Get out of the house tonight and come enjoy a complimentary potato bar sponsored by Heartland North Richland Hills and a movie classic. Featured movie is "It Happened One Night" starring Clark Gable and Claudette Colbert. This 1934 movie won Academy Awards for "Best picture, best actor and best actress"! Please sign up in advance so we can prepare accordingly. **FREE!**

**EMBRACING YOUR AGE (94011B 3/100/MPN)** Monday, February 20, 11:00 am If you could choose to be any age, which "just-right" age would you choose? Sounds like fun! Come join speaker Chuck Wiley on a lively journey to find the perfect age for you. **FREE!**

**INTERIOR FURNISHINGS & ARCHITECTURE: A HISTORICAL PERSPECTIVE (94096B 1/50/MPN)** Thursday, February 23, 10:00 am It is true that 'history repeats itself' which applies to interior furnishings as well as architecture. All of our present-day interiors and exterior design have their inceptions in historic archetypes. So it is important to understand how the historical interiors and respective architecture evolved, and how they have impacted our current styles and trends. This presentation will provide a historic perspective from the beginning of architectural history with the Egyptians to the mid 18<sup>th</sup> c. which will include the social and economic factors impacting the designs of the various periods. Presenter Sarajane Eisen, PhD and Principal of Visiting Angels HEB. **FREE!**

**AARP DRIVER SAFETY PROGRAM (94049B 1/20/SA)** Friday, February 17, 12:00 pm - 4:00 pm Expect to learn current rules of the road, defensive driving techniques and how to operate your vehicle more safely. Consult your agent for insurance discount availability upon course completion. AARP membership is not required. \$15 for AARP members and \$20 for non-members. Fees due at time of class, please have exact change or check, no credit cards. Bring your driver's license. You are welcome to bring a sack lunch. Space limited. Sign up at front desk. Instructor: John Chreno.

**MARDI GRAS IN THE LOBBY (95085B Lobby)** Tuesday, February 28, 1:00 pm—2:00 pm Join us for a Mardi Gras Reception in the front lobby. King Cake and Punch will be served as well as lots of free beads! **FREE!**



# COMPUTER RESOURCE CENTER

**Computer Resource Center** The Computer Resource Center is FREE and always open during our regular operating hours for members to use. Please check in at the front desk to obtain an access key to the room. No food or drinks are allowed. We offer a variety of classes on technology related topics. Please be sure that you sign up for the class if you plan to attend. Should you need to use a computer while a class is going on, we kindly ask that you use a machine at the back of the room.

**Private Computer Lessons (93005 <sup>1/1/Comp</sup>)** **By Appointment** Do you need just a little one on one assistance with a computer issue? Do you prefer an individual lesson over a group lesson? Do you have a specific task you are trying to do or program you want to master? Make an appointment for a private computer training session. Instructor may vary depending on topic or area of desired training. Limited assistance is available for laptops and other devices. **\$5 for a 30 minute session.** Multiple sessions may be purchased at one time. Please sign up at the front desk and an instructor will contact you to schedule your private lesson.

**Computer Club (93035 <sup>1/16/Comp</sup>)** **2nd and 4th Mondays, 1:00 pm - 2:30 pm** Join this informal class with a relaxed atmosphere where questions are encouraged. Learn new skills without fear; expand on what you already know; socialize with peers who share your interest in technology; and share your skills and knowledge with others. Instructor: Dave Thompson. **FREE!**

**Facebook for Desktop Computers (93041 <sup>1/16/Comp</sup>)** **Wednesday, February 22, 3:00 pm - 4:00 pm** Learn the basics on how to use Facebook for your desktop computer. Learn how to add friends, blocks others, post status updates, and protect your privacy. No tablets, iPads, or cell phones please. Instructor: Anthony Ochoco. Sign up so we know to expect you. **FREE!**

**Get Your Pics (<sup>lobby</sup>)** **Tuesdays, February 14 & 28, 2:00 pm** Want copies of the pictures that have been taken here at the Senior Center? Bring a thumb drive. **FREE!**

**iPad and iPhone (93042 <sup>1/16/Comp</sup>)** **Fridays, February 3, 17, 24, 9:30 am - 10:30 am.** (Please note Feb. 10 class is cancelled.) Each week explore a different topic related to iPad and iPhone technology. Bring your device and questions. Instructor: Fannette Welton.

**Windows 10 (93004 <sup>1/16/Comp</sup>)** **Tuesdays, 10:00 am - 11:00 am** Class is for those new or transitioning to Windows 10. All lessons are displayed on the projector screen for you to follow. The Computer Resource Center machines are Windows 8, but you are welcome to bring your laptop with you. Free!

- Week 1– Do what you did before Wind 10
- Week 2– New and fun stuff on the tiles
- Week 3– More to do on the Start Screen
- Week 4– Fun with new search program

**Privacy and Security (93034 <sup>1/16/Comp</sup>)** **Wednesday, February 8, 3:00 pm - 4:00 pm** Learn basic computer and internet security practices applicable to work, home, and public settings. Identify and avoid the latest internet scams to ensure the security of personal information. Discover free computer tools used by the pros to combat potential threats. Join Anthony, The Internet Commander, and surf the interwebs like a pro. **FREE!**



## ONLINE REGISTRATION!

Plans are underway to launch online registration starting in March 2017! If you are interested in using online registration to sign up for Senior Center classes and activities, let a Front Desk Attendant or other staff member know so we can get your account set up and ready for March 1.

# CREATIVE ARTS



**Caring Covers** Our Senior Center members are like a close-knit family. When one of our members is sick, has lost a loved one or is just having a rough time, we want to reach out to them. Please advise the front desk staff if you know of a fellow member who is in the hospital, grieving or feeling down, so that a "Caring Cover" can be shared with them.

**"Knot-a-Lot" (<sup>1/25/SB</sup>)** **Wednesdays, 2:00 pm - 4:00 pm** Bring your own supplies and projects and work on your "knotted" creations. Crochet, knitting, embroidery, or any other craft that involves a "knot" is welcome to join and "knot" among friends. Yarn donations are always needed for the Caring Covers that the "knotters" make. Donations can be left at the front desk. **FREE!**

**Pinterest Boards & Projects (<sup>1/12/SA</sup>)** **Tuesdays, 9:00 am–12:00 pm** Do you have a Pinterest want to do list? Come to this class where we will share boards and project interest and select projects to do together. This first month of classes has been determined, future classes can be determined by the group. Instructor: Keilah Foster.

- **February 7 (91005)** Heart Argyle Valentines Wreath. Class Fee \$5; Supply Fee \$12.
- **February 14 (91006)** Door Hanger. Class Fee \$5; Supply Fee \$15.
- **February 21 (91007)** Kid friendly projects to do together. Class fee \$5; Supply Fee \$15.
- **February 28 (91008)** Burlap Bunny Table Runner. Class fee \$5; Supply Fee \$12.

**Floral Arranging (91050 <sup>1/8/SA</sup>)** **Tuesday, February 14, 2:30 pm.** Red Tulip Arrangement - Celebrate Valentine's Day with a pretty arrangement of fresh tulips! Instructor: Diana Conway. Class Fee \$5; Supply fee \$18.

**Ceramics (91001 <sup>1/25/SA</sup>)** **Tuesdays & Thursdays, 1:00 pm - 5:00 pm.** Bring your own supplies. Greenware available for purchase from instructor. Pieces fired onsite. Instructor: Debbie Smith. \$5 fee due at the beginning of each month. Please sign up at the front desk.

**Wine Bottles (91054 <sup>1/25/SA</sup>)** **Tuesdays & Thursdays, 1:00 pm - 5:00 pm.** Bring your own bottle(s), then decide what you want to make. Lamps require a \$3 cutting fee and light kit payable to instructor. Decals available for purchase from instructor. Instructor: Debbie Smith. \$5 fee due at beginning of each month. Please sign up at the front desk.

**Glass Fusion (91092 <sup>1/10/CRB</sup>)** **2nd Friday, 1:00 pm** Use your own materials. Participants are required to have taken the Glass Fusion class at least once. Center and staff are not responsible for outcome of fired pieces. Limit of 20 jewelry pieces per month. \$5 monthly fee.

**Empty Bowls 2018 (91004 <sup>1/15/SA</sup>)** **Thursday, February 9, 9:00 am - 12:00 pm** Love to paint, but don't know what to do with it when its done? Come to this class and design a bowl to keep or to be donated to the Tarrant Area Foodbank's Empty Soup Bowls 2018. Instructor: Keilah Foster. \$5 per bowl.

**The Hurst Senior Activities Center  
invites our members to participate in our  
ART EXHIBIT  
February 1 - March 2**

Beginning art students to seasoned artists are encouraged to bring their works of art to be displayed throughout the building. All mediums are welcome. Submissions may be brought to the Senior Center beginning Monday, January 30th. Please be sure to label all submissions with your name and phone number. Art work will need to be picked up by March 3. For more information contact Tammy McDonald or Michelle Varley.

# CREATIVE ARTS

**Art Addicts** Are you interested in sketching, painting or just seeking a creative outlet and want to enjoy the company of others with like interest? Bring your own supplies and materials and work on your own projects. No matter what your artistic ability level, all are welcome! Join in the fun; discover and share your hidden artistic talent.

- **Mondays, 9:00 am - 11:00 am** (91002 1/16/CRB)
- **Thursdays, 6:00 pm - 8:45 pm** (91004 1/16/CRB)
- **Fridays, 10:00 am - 3:00 pm** (91005 1/16/CRB)

**Multi-Media Painting (91101 1/16/CRB)**  
**Mondays, 12:15 pm - 4:00 pm** Classes on the use of watercolor, pastels, acrylic, and oil painting. Choose your medium! Instructor Victoria Pedersen. \$40/mo.

**You Can Paint with Oils (91074 6/15/SA)**  
**Friday, February 17, 9:30 am - 12:30 p.m.** Painting title: “Snow Flurries in Watercolor” Even if you've never held a paint brush or can't draw a straight line you will be amazed at the beautiful oil painting you can create in one fun and inspiring lesson. Learn basics of color mixing, brush strokes and perspective. All supplies, canvas, paints, brushes, easel and detailed lesson plan are provided. Bring paper towels and wear old clothes. Instructor fee \$15; Supply fee \$18..

**Pastel Painting (91027 1/16/CRB)**  
**Thursdays, February 2-23, 1:00-5:00 pm.** Do you have a passion for pastels? Whatever your preference: posies, puppies or portraits - come and explore the techniques with us; create vibrant full-of-life paintings. See instructor for a list of supplies. See you at the easel! Instructor: Victoria Pedersen. \$40/month.

**Glass Fusion Lessons (91073 1/10/CRB)**  
**Wednesday, February 22, 9:30 am.** Learn to cut glass and more as you create a pendant for a necklace. 2 piece limit per class, \$5 per additional piece. Supplies provided. Instr: Diana Conway. Class fee \$15.

**Quilter’s Choice (91024 1/12/SB) Mondays 10:00 am—1:00 pm** This month we will begin the “Checkerboard Dresden” by Missouri Star Quilt Co. See instructor for project details. Instructor: Jan Cook. \$25/mo.

**Quilter’s Lab (91078 1/12/SB) Tuesdays 10:00 am—1:00 pm** Instructor assistance with your project. Instr: Jan Cook. \$25/mo.  
**Beginner Quilt Making (91047 1/6/SB) Wednesdays 10:00 am—1:00 pm** You do not have to make a bed size quilt to be a quilter! Come learn all the basics of quilting. Project finished in a month! Instructor: Jan Cook. \$25 monthly fee.

**Writing Group (94064 1/15/CRB)**  
**Thursdays, 10:00 am - 12:00 pm** Join this comfortable, yet professional group for getting your writing ready for publication. Writing includes poetry, short stories, novels, memoirs, essays, speeches, documentation and other written material. Bring pen, pencil, paper, eraser and imagination! Instructor: Victoria Pedersen \$15 month.

**Jewelry Repair (91026 1/8/SA) Monday, February 27, 1:00 pm - 2:00 pm** Bring your broken costume jewelry to be repaired. Replace broken clasps, restring beads, and other minor repairs done. **\$5 repair fee** for a maximum of three pieces of jewelry. Please sign up in advance to help us assess jewelry repair needs. Instructor: Diana Conway.

**HSAC Crafting (91094 1/25/SA) Wednesdays, February 1-22.** Join Diana as she begins work on creating fun and easy items to be sold at the 2017 Craft & Holiday Market. Items are made from donated materials, proceeds benefit our Senior Center. All supplies are provided. **FREE!**

**Bead Mania I (91048 1/8/CRB) Tuesday, February 7, 2:30 pm.** Twisted Heart Necklace - Make this unique necklace to wear with your Valentines outfit. Instructor: Diana Conway. Class fee \$5; Supply fee \$12.

**Bead Mania II (91056 1/8/SA) Tuesday, February 21, 2:30 pm.** Adorn your wrist with a new bracelet made with 2-hole beads. Instructor: Diana Conway. Class fee: \$5; Supply fee \$10.

# FUN & GAMES & GROUPS

**Billard’s Corner** Please sign up to play in these organized games:

- **Ladies Powder Puff Pool (95079 8/12/BIL) 1st Wednesday each month, 2:00 - 4:00 pm** Ladies only. No experience needed. **FREE!**
- **8-Ball Tournament/Singles (95078 8/24/BIL) Friday, February 10, 11:00 - 4:00 pm** Spons: Edward Jones. **\$3/pp.**
- **Mixed Doubles Pool (95086/Men: 95042/Ladies 7/14/BIL) Wednesday, February 15, 11:00 am. FREE!**
- **9-Ball Singles Tournament (95029 8/24/BIL) Friday, February 24, 11:00 am - 4:00 pm.** Spons: Forum Pkway. **\$3/pp.**

**Book Club (94078 1/20/Conf) Monday, February 20, 3:00 pm** This month we will discuss “The Lake House” and read “The Spy Mistress” by William Stevenson and /or a nonfiction book of your choice. Facilitator: Elaine Wicker.

## Texas Hold’em Tournaments

- **Tuesday, February 7, 10:00 am - 12:00 pm(94012 1/16/MPS)** No frills. Just playing for fun and practice.
- **Wednesday, February 22, 2:00 - 4:00 (95007 1/18/MPN)** Put your best poker face on and join us! Playing is just for fun, no cash is used. Light refreshments provided. Prizes awarded at the end of the tournament. Winners are recorded for the Play Off Game at the end of the year. Sponsored by: Mike Smith, Custom Fit Insurance.

**Spanish Club (94004 1/20/CRB) Wednesdays, 11:00 am** Hola! Cómo estás? Come join this group to learn and practice Spanish. This is not a structured class, but consists of people with some experience in the language and a desire to increase their vocabulary and usage. Facilitators: Don Kersey, Harry Kier, David Hyland. All are welcome! Sign up! **FREE!**

**Bunco (95092 5/30/MPN) Thursday, February 23, 3:00 pm** Play this fun, social dice game that requires no skill, but lots of luck. Refreshments and prizes provided. Sponsor: Brown & Freeman, LLC. **FREE!**

**Karaoke & Music (95035 5/100/MPN) Mondays 2:15 pm - 4:00 pm** Music is therapy for the heart and soul. Join this group for a fun, light hearted afternoon that will lift your spirits. No talent required. We use a variety of media including guitars, keyboard, and karaoke. All instruments and voices are welcome! **FREE!**

**Learn a New Game!** Please sign up so instructors can plan properly. No experience necessary. All lessons are **FREE!**

- **Rummikub (94009 1/16/CRA)** Thursdays, 1:00 pm - 3:00 pm A tile-based game for two to four players, combining elements of the card game rummy and mahjong. Instructor: Faye Branche
- **Marbles & Jokers (94073 1/16/CRC)** Please see “Open Activities” for weekly game days/times. Instructor will be available on the 2nd Thursday each month to assist those new to the game. Only persons needing lessons should sign up. Instructor: Jean Freeman.
- **Samba Canasta Lessons (94019 1/16/Game Room)** Wednesdays, 10:00 am - 11:00 am Instructor: Barbara Brown.
- **Mah Jongg Lessons (94065 1/8/CRC&Game Room) Mondays 2-4 & Wednesdays 10-12** This game from the Orient, was introduced to America in 1920. Rules and hands were changed to add interest to the game. Played with Chinese symbols on tiles, the object of the game is to be the first to build a hand through a series of passes, exchanges and draws. Instructor: Marie Perry

**Cafe Exchange (94062 1/30/SA) Mondays & Fridays, 10:00 am - 1:00 pm** What began as a few folks talking over coffee has developed into a group of enthusiastic and engaged individuals who enjoy sharing thoughts, ideas, stories, and conversation. All are welcome! Grab a chair and a cup of coffee and join us! **FREE!**

**42 Player Luncheon (94048 5/30/SA) February 8, 12:30 pm.** Once a quarter, the 42 players meet for a potluck luncheon. Each player is asked to bring a dish to share. Please sign up at the front desk.



## FITNESS/HEALTH/WELLNESS

**Fitness Room** Our fitness room is furnished with the latest in resistance equipment, free weights and cardio machines. For your protection, you **must wear** closed toed shoes with rubber soles and backs (no slip ons) when using the fitness room. Please limit equipment use to 30 minutes at a time. Fitness orientation **is required** before use of the fitness room.

**Fitness Orientation** is offered every Monday at 1:00 pm and the 2nd & 4th Wednesday of each month at 6:00 pm. We kindly request that all new members enroll in the Fitness Orientation class prior to using the equipment in the Fitness Room.

**Personal Training (92020; 92041; 92042; 92043)** Personal trainer Rosy Pritchett is available to assist you in reaching your individual health and fitness goals. She will work with you to develop an effective exercise program designed specifically for you. Sessions are paid through the front desk. Appointments are scheduled directly with the trainer. **\$35/hr.**

**Chair Massage & Reflexology (PoS) Wednesdays 10:00 am - 11:00 am** Massage benefits include: stress relief, immune system boost, improved circulation, muscle pain relief, and more. Appointment is required, see front desk. Therapist: David Hyland. \$1 per minute.

**Blood Pressure Checks (Front Lobby) 1st Thursday each month, 10:00-11:00 am** Come by the front lobby and get your blood pressure checked. Sponsored by: Hurst Plaza Nursing & Rehabilitation. **FREE!**

**Fit Start I Exercise Class** Instructor led fitness class designed for those just starting to exercise and also for those with low mobility. Please bring a bottle of water with you. Classes are \$2.50 each, payable at the beginning of each month.

- **Mondays (92063 5/30/MPS)** 5:00 pm, Instructor: Debbie Melchiorre **\$10.00/ 4 classes**
- **Tuesdays (92036 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$10.00/ 4 classes**
- **Wednesdays (92062 5/30/ MPS)** 5:00 pm, Instructor: Debbie Melchiorre **\$10.00/ 4 classes**
- **Thursdays (92058 5/30/MPS)** 9:00 am, Instructor: Jerri Worl **\$10.00/ 4 classes**

**Fit Start II Exercise Class** This class is for those ready to move to the next level in their fitness. Class will include floor exercises. Please bring an exercise mat and a bottle of water with you. Classes are \$2.50 each, payable at the beginning of each month.

- **Mondays (92051 5/30/MPS)** 9:00 am, Instructor: Rosy Pritchett **\$10.00/ 4 classes**
- **Wednesdays (92050 5/30/MPS)** 9:00 am, Instructor: Rosy Pritchett **\$10.00/ 4 classes**

**Zumba Gold** Latin inspired fitness dance classes taught by certified instructors. Purchase a punch card for \$20 for 5 sessions, which can be used as often as you like until you have taken the 5 classes. (Must be used within 3 months of date purchased). Purple card/Tuesdays. Green card/Wednesdays.

- **Mondays (92001 5/30/MPN)** 10:15 am - 11:00 am Instructor: Rosy Pritchett
- **Wednesdays (92002 5/30/MPN)** 10:15 am - 11:00 am Instructor: Kalyn Worthey

**Party Dance (92045 3/50/MP)** **Fridays, 11:00 am — 12:00 pm** Get your heart pumping while learning a variety of dances including salsa, tango, ball room and other partner dances as well as line dances and more. Instructor: Rosy Pritchett. **FREE!**

## EDUCATION & SEMINARS

**Aircraft & Helicopter Science Group (95031 1/16/CRB) 1st Wednesday, 2:00 – 4:00 pm** Your help is needed to develop and present aviation programs in area schools and Boy Scout troops on engineering, math and vocational careers. Instructor: Bob Shultz

**Medicare Counseling Q&A Mon, Feb 6th, 10:00 am (Front Lobby)** The Medicare program is made up of several parts that offer various benefits, including hospital ins. (Part A), medical ins. for doctors' services (Part B), and prescription drug coverage (Part D). Stop by and visit with Mike Smith about your coverage and options. Sponsored by: Custom Fit Insurance. **FREE!**

**Health Talk: Foot & Ankle Care (94056 1/25/SA) Wednesday, February 8, 1:00 pm** Come learn about common foot and ankle conditions that may be causing you pain or discomfort. Dr. Cairns will cover a variety of foot health issues: ingrown toenail, heel pain, bunions, hammertoe and diabetic foot care. Sponsor: Toe-Tal Foot & Ankle Care. **FREE!**

**Social Security Overview (94079 1/50/MPN) Thursday, February 9, 10:00 am** Join us for a conversation about social security. Learn what you need to know if you are about to be eligible. We will also discuss helpful points of interest for those just going into retirement. Sponsor: Bridgette Williams, Humana. **FREE!**

**Basic Self-Defense for Seniors (95091 1/15/MPS) 2nd Tuesday each month, 10:00 am - 11:00 am** Come for this one-hour crash course on awareness, defensive and getaway moves for the senior. Instructor: David Scott who holds a Black Belt in Karate. **FREE!**

**Advanced Self-Defense for Seniors (95093 1/20/MPS) 4th Tuesday each month, 10:00 am - 11:30** This class is a more intense training of the basic class. Participants must have taken the basic class first. Instructor: David Scott **FREE!**

**Edward Jones Presents (94040 1/24/Conf) 2nd Friday each month, 10:00 am.** What does the perfect financial picture look like? Do you have all the right pieces in the right places? Come learn how your money should be invested and protected. Bring your statements for a free full review. There will be a drawing for a prize and Adam Davenport will be available for specific questions. **FREE!**

**Essential Oil Workshop (94082 1/25/SA) Monday, February 13, 1:00 pm** Toxin Free Spring Cleaning Using Essential Oils! Learn about the benefits of using Essential Oils to clean. There will be a "Make It and Take It". Instructor: Patricia Maniscalco/Jackye Pritchett. \$5 Supply Fee due to instructor.

**History of Aviation (94030 1/20/CRB) Wednesday, February 15, 2:00 - 4:00 pm.** Jim Hill will present an overview of the LTV/ Triumph Aircraft Restoration Center, Grand Prairie, Texas. This will include its history, Chance Vought, LTV aircraft restored, team of craftsmen, and current aircraft and facility. Come and enjoy this incredible story!. **FREE!**

**Life Option (94032 5/20/Conf) Tuesday, February 21, 10:00 am - 11:00 am** Explaining Life Insurance & it's diversitives. Spons: Nations Insurance Solutions. **FREE!**

**Foundation for Financing Education (F3E): Annuities - The Good, The Bad and the Ugly (94001 1/16/Conference) Tuesday, February 21, 1:00 pm** Are annuities good or bad? Things have changed a lot in the last few of years. In our All About Annuities Class, we invite you to come learn about annuities so you can decide that for yourself. In our class, we will cover the basics, including:

- What is an annuity?
- How do annuities work?
- Types of annuities
- Are there tax benefits to annuities?

Since annuities are such a huge part of your retirement, it's important to stay informed about them. Sponsored by: Foundation for Financing Education (F3E). **FREE!**

# AQUATICS CLASSES

**UNSTRUCTURED WATER TIME** Use of the pool for unstructured water time is scheduled three days per week in two 55 minute increments. Space is limited to a maximum of 15 participants per day/time slot. Water noodles and kick boards are available for your use. We kindly ask that you return the equipment to the designated area when you are through using it. Inflatable floatation devices are prohibited.

- **Mondays, 10:00 am - 10:55 am (92065 <sup>3/15/HVR</sup>) \$5/month**
- **Mondays, 11:00 am - 11:55 am (92066 <sup>3/15/HVR</sup>) \$5/month**
- **Wednesdays, 10:00 am - 10:55 am (92067 <sup>3/15/HVR</sup>) \$5/month**
- **Wednesdays, 11:00 am - 11:55 am (92068 <sup>3/15/HVR</sup>) \$5/month**
- **Fridays, 10:00 am - 10:55 am (92069 <sup>3/15/HVR</sup>) \$5/month**
- **Fridays, 11:00 am - 11:55 am (92070 <sup>3/15/HVR</sup>) \$5/month**

***Purchase a 5 class Punch Card (92075 & 92076) for \$20. Choose your day and time. Come when it’s convenient for you. No worries about missing a class. (Card only applies to instructor led classes.) See front desk for details.***

**WATER WELLNESS** If you have sore or tight joints, lower back pain, balance issues, or general aches and pains, come try out this gently paced water wellness class to help ease your symptoms. The water allows you to extend your joints and muscles in ways you are not able to on land. Swimming skills are not required. Instructor: Behka Hartmann

- **Tuesdays, 10:05 am - 10:45 am (92071 <sup>3/15/HVR</sup>)**
- **Thursdays, 10:05 am - 10:45 am (92072 <sup>3/15/HVR</sup>)**

**WORK IT IN WATER** Improve your cardio strength, endurance, and muscle tone in this awesome aqua class while you have fun, too! Aqua weights, noodles and kick boards along with your own body weight will be used to maximize your workout. Swimming skills are not required. Instructor: Behka Hartmann

- **Tuesdays, 11:05 am - 11:45 am (92073 <sup>3/15/HVR</sup>)**
- **Thursdays, 11:05 am - 11:45 am (92074 <sup>3/15/HVR</sup>)**

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| Senior Center Pool<br>Use Hours<br>10:00 - 12:00 | Senior Center Pool<br>Use Hours<br>10:00 - 12:00 | Senior Center Pool<br>Use Hours<br>10:00 - 12:00 | Senior Center Pool<br>Use Hours<br>10:00 - 12:00 | Senior Center Pool<br>Use Hours<br>10:00 - 12:00 |
| 10:00 - 10:55<br>Unstructured<br>Water Time      | 10:05 - 10:45<br>Water Wellness                  | 10:00 - 10:55<br>Unstructured<br>Water Time      | 10:05 - 10:45<br>Water Wellness                  | 10:00 - 10:55<br>Unstructured<br>Water Time      |
| 11:00 - 11:55<br>Unstructured<br>Water Time      | 11:05 - 11:45<br>Work It In<br>Water             | 11:00 - 11:55<br>Unstructured<br>Water Time      | 11:05 - 11:45<br>Work It In<br>Water             | 11:00 - 11:55<br>Unstructured<br>Water Time      |

# FITNESS/HEALTH/WELLNESS

**Tai Chi (92049 <sup>3/20/MPN</sup>) Wed. 9:00 am - 10:00 am** Chinese system of slow meditative exercise designed for relaxation, balance, and health. Instructor: David Hyland. **FREE!**

**Line Dancing** Line Dancing Lessons are a great way to get in some fun physical activity. Studies have also shown dancing to help in areas of memory, balance, cardiovascular and vertigo. You never need a partner and lessons are taught using all genres of music. Join Instructor Barbara Albright every Thursday for these **FREE** dance classes.

- **Beginners Line Dance (92054 <sup>5/50/MP</sup>)** Thursdays, 1:00 pm - 1:45 pm
- **Intermediate Line Dance (92055 <sup>5/50/MP</sup>)** Thursdays, 1:45 pm - 2:30 pm

**Ageless Grace (92007 <sup>5/30/MPS</sup>) Thursdays, 10:30 am - 11:15 am** Ageless Grace is a program that works on all five functions of the brain as well as the 21 primary physical skills we need for aging youthfully. Designed so that almost anyone of any age, ability, body-type, size or with any physical challenge can participate and benefit from the simple tools for lifelong comfort and ease. Instructor: V'Ann Giuffre. Classes are \$2.50 each (\$10/4 classes), payable at the beginning of each month. Class fee is waived for Silver & Fit members, see front desk for details.

**Strengthen On Your Mat (92061 <sup>5/30/MPS</sup>) Fridays 10:00 am - 11:00 am.** Core strengthening class that combines pilates, basic exercise moves, and yoga. Bring a bottle of water and a mat. Classes are \$2.50 each, payable at the beginning of each month. Instructor: Rosy Pritchett **\$10.00/4 classes**

**Yoga Classes** Yoga attempts to balance mind and body via physical postures, controlled breathing, relaxation and meditation. Improve balance, flexibility, strength and more. Classes are designed for all levels. Mats are available, but you are welcome to bring your own.

- **Hatha Yoga (92035 <sup>3/25/MPS</sup>) Tuesdays, 2:30 - 3:30 pm** Incorporates the use of postures and stretches linked with the breath to develop flexibility. A combination of floor and standing poses is used to create a flow of movement that encourages proper alignment, balance and opening of the body. Instructor: Debbie Melchiorre/Michelle Varley **FREE!**
- **Chair Yoga** Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. Many of the basic body mechanics of the individual postures are retained, no matter the stance of the practitioner. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends.

**Tuesdays (92053 <sup>3/30/MPS</sup>) 3:45 - 4:45 pm** Instr: Debbie Melchiorre/MVarley. **FREE!**

**Thursdays (92046 <sup>3/30/MPS</sup>) 3:45 - 4:45 pm** Instr: Rosy Pritchett. **\$10.00/4 classes**

- **Gentle Yoga (92052 <sup>3/15/MPS</sup>) Mondays, 1:00pm - 2:00pm** Gentle yoga incorporates the adaptation and application of Yoga techniques and practices to help individuals facing health challenges at any level manage their condition, reduce symptoms, restore balance, increase vitality, and improve attitude. Students should be able to get up and down from the floor on their own. Instructor: Rachel Cowley. \$4 per class, payable at the beginning of each month.
- **Relax, Renew & Restore Yoga Workshop (92060 <sup>3/8/MPS</sup>) Friday, February 24, 3:30-5:00 pm** Experience restorative yoga poses that let you relax deeply and consciously, allowing tension to release from the body and energy to flow. Postures are seated or lying down with the use of props for optimal comfort. Bring your mat and a bottle water. Instructor: Michelle Varley. **Class fee: \$4**



February2017

| Mondau   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
| <div><div>SIGN UP!<br/>Registration for<br/>February Classes &amp; Activities<br/>and Night At The Artisan<br/>Begins</div><div>Wednesday, February 1<br/>8:00 am</div></div>  | <div><div>Check out our<br/>Member Art Exhibit<br/>On display<br/>February 1 through March 2</div></div>   | <div><div>8:00 Sign Ups Open!</div><div>9:00 Tai Chi<br/>9:00 Fit Start II<br/>10:00 Beginner Quilt Making<br/>10:00 HSAC Crafting<br/>10:00 Learn MahJongg<br/>10:15 ZUMBA Gold<br/>11:00 Spanish Club<br/>2:00 Ladies Powder Puff Pool<br/>2:00 Aircraft &amp; Helicopter<br/>5:00 Fit Start I</div><div>1</div></div>  | <div><div>9:00 Fit Start I<br/>10:00 Writing Group<br/>10:00 Financial Training<br/>10:30 Ageless Grace<br/>1:00 Ceramics &amp; Wine Bottles<br/>1:00 Pastel Painting<br/>1:00 Beg. Line Dancing<br/>1:00 Learn Rummikub<br/>1:45 Inter. Line Dancing<br/>3:45 Chair Yoga<br/>6:00 Potluck Bingo</div><div>2</div></div>  | <div><div>9:30 iPad/iPhone<br/>10:00 Strengthen On Mat<br/>10:00 Café Exchange<br/>11:00 Party Dance<br/>1:00 Movies and Munchies</div><div>3</div></div>   |
| <div><div>9:00 Fit Start II<br/>10:00 Quilter’s Choice<br/>10:00 Café Exchange<br/>10:00 Medicare Counseling<br/>10:15 ZUMBA Gold<br/>12:15 Multi-Media Painting<br/>1:00 Fitness Orientation (92027)<br/>1:00 Gentle Yoga<br/>2:00 Learn MahJongg<br/>2:15 Karaoke &amp; Music<br/>5:00 Fit Start I</div><div>6</div></div>                           | <div><div>9:00 Fit Start I<br/>9:00 Pinterest Boards &amp; Projects<br/>10:00 Windows 10<br/>10:00 Texas Hold’em Tournament<br/>10:00 Quilter’s Lab<br/>1:00 Ceramics &amp; Wine Bottles<br/>2:30 Hatha Yoga<br/>2:30 Bead Mania I<br/>3:45 Chair Yoga</div><div>7</div></div>                                 | <div><div>9:00 Tai Chi<br/>9:00 Fit Start II<br/>10:00 Beginner Quilt Making<br/>10:00 HSAC Crafting<br/>10:00 Learn MahJongg<br/>10:15 ZUMBA Gold<br/>11:00 Spanish Club<br/>12:30 42 Player Luncheon<br/>1:00 Health Talk<br/>2:00 Birthday Party<br/>3:00 Privacy &amp; Security<br/>5:00 Fit Start I<br/>6:00 Fitness Orientation (92025)<br/>7:30 Night at the Artisan</div><div>8</div></div> | <div><div>8:30 Breakfast Club<br/>9:00 Fit Start I<br/>9:00 Empty Bowls 2018<br/>10:00 Social Security Overview<br/>10:00 Marbles &amp; Jokers Lessons<br/>10:00 Writing Group<br/>10:30 Ageless Grace<br/>1:00 Pastel Painting<br/>1:00 Ceramics &amp; Wine Bottles<br/>1:00 Learn Rummikub<br/>1:00 Beg. Line Dancing<br/>1:45 Inter. Line Dancing<br/>3:45 Chair Yoga<br/>7:00 Dance - Valentine Dance</div><div>9</div></div> | <div><div>9:30 iPad/iPhone cancelled<br/>10:00 Strengthen On Mat<br/>10:00 Edward Jones Presents<br/>10:00 Café Exchange<br/>11:00 8-Ball Singles Tournament<br/>11:00 Party Dance<br/>1:00 Glass Fusion (Open)<br/>1:00 Happy Hatters<br/>2:15 Newcomers Connection</div><div>10</div></div> |
| <div><div>9:00 Fit Start II<br/>10:00 Quilter’s Choice<br/>10:00 Café Exchange<br/>10:15 ZUMBA Gold<br/>12:15 Multi-Media Painting<br/>1:00 Gentle Yoga<br/>1:00 Computer Club<br/>1:00 Fitness Orientation (92028)<br/>1:00 Essential Oil Workshop<br/>2:00 Learn MahJongg<br/>2:15 Karaoke &amp; Music<br/>5:00 Fit Start I</div><div>13</div></div> | <div><div>9:00 Fit Start I<br/>9:00 Pinterest Boards &amp; Projects<br/>10:00 Windows 10<br/>10:00 Basic Self Defense<br/>10:00 Quilter’s Lab<br/>1:00 Ceramics &amp; Wine Bottles<br/>2:00 Get Your Pics<br/>2:30 Hatha Yoga<br/>2:30 Floral Arranging<br/>3:45 Chair Yoga</div><div>14</div></div>           | <div><div>9:00 Tai Chi<br/>9:00 Fit Start II<br/>10:00 Beginner Quilt Making<br/>10:00 HSAC Crafting<br/>10:00 Learn MahJongg<br/>10:15 ZUMBA Gold<br/>11:00 Spanish Club<br/>11:00 Mixed Doubles Pool<br/>2:00 Bingo In The Afternoon<br/>2:00 History of Aviation<br/>5:00 Fit Start I</div><div>15</div></div>   | <div><div>9:00 Fit Start I<br/>10:00 Writing Group<br/>10:00 Myths of Medicaid<br/>10:30 Ageless Grace<br/>1:00 Ceramics &amp; Wine Bottles<br/>1:00 Learn Rummikub<br/>1:00 Beg. Line Dancing<br/>1:00 Pastel Painting<br/>1:45 Inter. Line Dancing<br/>3:45 Chair Yoga<br/>5:30 Spud &amp; Show</div><div>16</div></div>  | <div><div>9:30 iPad/iPhone<br/>9:30 You Can Paint w/Oils<br/>10:00 Strengthen On Mat<br/>10:00 Café Exchange<br/>11:00 Party Dance<br/>12:00 AARP Driver Safety</div><div>17</div></div>  |
| <div><div>9:00 Fit Start II<br/>10:00 Quilter’s Choice<br/>10:00 Café Exchange<br/>10:15 ZUMBA Gold<br/>11:00 Embracing Your Age<br/>12:15 Multi-Media Painting<br/>1:00 Gentle Yoga<br/>1:00 Fitness Orientation (92029)<br/>2:00 Learn MahJongg<br/>2:15 Karaoke &amp; Music<br/>3:00 Book Club<br/>5:00 Fit Start I</div><div>20</div></div>        | <div><div>9:00 Fit Start I<br/>9:00 Pinterest Boards &amp; Projects<br/>10:00 Windows 10<br/>10:00 Life Option<br/>10:00 Quilter’s Lab<br/>1:00 Foundation for Finance Edu.<br/>1:00 Ceramics &amp; Wine Bottles<br/>2:30 Bead Mania II<br/>2:30 Hatha Yoga<br/>3:45 Chair Yoga</div><div>21</div></div>       | <div><div>9:00 Tai Chi<br/>9:00 Fit Start II<br/>10:00 Beginner Quilt Making<br/>9:30 Glass Fusion Lessons<br/>10:00 HSAC Crafting<br/>10:00 Learn MahJongg<br/>10:15 ZUMBA Gold<br/>11:00 Spanish Club<br/>2:00 Texas Hold’em Tournament<br/>3:00 Facebook for Desktop<br/>6:00 Fit Start I<br/>6:00 Fitness Orientation (92026)</div><div>22</div></div>  | <div><div>9:00 Fit Start I<br/>10:00 Interior Furnishings<br/>10:00 Writing Group<br/>10:30 Ageless Grace<br/>11:30 What’s for Lunch<br/>1:00 Ceramics &amp; Wine Bottles<br/>1:00 Pastel Painting<br/>1:00 Learn Rummikub<br/>1:00 Beg. Line Dancing<br/>1:45 Inter. Line Dancing<br/>3:00 Bunco<br/>3:45 Chair Yoga<br/>7:00 Dance - Pete `n Patti</div><div>23</div></div>   | <div><div>9:30 iPad/iPhone<br/>10:00 Strengthen On Mat<br/>10:00 Café Exchange<br/>11:00 9-Ball Singles Tournament<br/>11:00 Party Dance<br/>3:30 Relax, Renew, Restore</div><div>24</div></div>  |
| <div><div>9:00 Fit Start II<br/>10:00 Café Exchange<br/>10:00 Quilter’s Choice<br/>10:15 ZUMBA Gold<br/>12:15 Multi-Media Painting<br/>1:00 Gentle Yoga<br/>1:00 Computer Club<br/>1:00 Fitness Orientation (92030)<br/>1:00 Jewelry Repair<br/>2:00 Learn MahJongg<br/>2:15 Karaoke &amp; Music<br/>5:00 Fit Start I</div><div>27</div></div>         | <div><div>9:00 Fit Start I<br/>9:00 Pinterest Boards &amp; Projects<br/>10:00 Advanced Self Defense<br/>10:00 Quilter’s Lab<br/>10:00 Windows 10<br/>1:00 Ceramics &amp; Wine Bottles<br/>1:00 Mardi Gras in the Lobby<br/>2:00 Get Your Pics<br/>2:30 Hatha Yoga<br/>3:45 Chair Yoga</div><div>28</div></div> | <div><div>MASSAGE &amp;<br/>REFLEXOLOGY</div><div>Wednesdays<br/>10:00 am—11:00 am<br/>By Appointment</div></div>   | <div><div>BLOOD PRESSURE<br/>CHECKS</div><div>1st Thursday<br/>10:00 am—11:00 am<br/>Front Lobby</div></div>  | <div><div>See<br/>“Open Activities”<br/>for additional continuous<br/>classes and programs.</div></div>   |

“A Quick Bite”  
Tuesdays at Noon  
Only \$5

You choose your main entrée..  
All meals come with a cup of  
soup, and a dessert.  
See front desk for menu.

Place your order and pay at the  
front desk by 10 am on Tuesday.  
Pick up orders noon to 1 pm.

Upcoming Entrée Menu

February 7: Baked Potato

February 14: King Ranch Chicken

February 21: Chef Salad

February 28: Quiche

NOTARY  
PUBLIC

Need something  
notarized? The  
Senior Center offers  
free notary services.  
No appointment  
necessary, but we do  
recommend you call  
to be sure the notary  
is in the office. Notary service is FREE  
to Senior Center members.

Document Scanning

Need a document  
scanned so you  
have it in a digital  
format? Ask the  
front desk about  
this free service for  
our members. Limit of 10  
pages. You must have an email  
address or provide a thumb  
drive. FREE!

Scan